

# SENIORS ON THE GO...



## RECREATION

### GYM WALK

MDM Gym - 2802-222 street Bellevue  
Monday - Friday | 12pm -1pm  
FREE | Safe place to walk for everyone especially during the winter months

### PICKLE BALL

MDM GYM - 2802 - 222 st Bellevue  
Mon | 9am-11:00am, Thurs | 1:30pm-3:30pm,  
Fri | 6pm-9pm & Sunday | 1pm - 5pm.

Open to everyone, come on out & give it a try!  
Equipment available.  
\$5.00 drop-in fee.

### EXERCISE FOR LIFE

MDM GYM - 2802 - 222 st Bellevue  
Tuesdays & Thursdays| 10am - 11am

Fitness class for adult of all ages. This program can be modified for chair exercise and intensity level. Come on out & give it a try and enjoy an hour of exercise and socialization. No fee - Donations welcome

## CARTWRIGHT CARES Senior Support Services

Cartwright Cares is now accepting clients for their new senior support services. They aim to support seniors living in the Crowsnest Pass to live well at home for as long as they'd like, with the services they need. Services include: community-based adult day program, companionship, caregiver respite & home support services such as lawn maintenance, snow removal, house cleaning & handyman services. To learn more or to set up your free consultation call 403-563-9260.



## CROWSNEST CRUISERS

### Upcoming out of town trip dates:

CNP to Pincher Creek | 25\$ return

- May 8 & June 12

CNP to Lethbridge | 75\$ return

- May 16 & June 20

Local transportation service is set to begin the first week of May.

For booking, dates, & fee details, check:  
[www.crowsnestcruisers.com](http://www.crowsnestcruisers.com)  
or call Marie at 403-583-5598

## RCMP PRESENTS - FRAUD ISSUES FOR SENIORS

(Hosted by the Coleman Seniors)

Thursday May 16 | 1pm  
Coleman Seniors Hall

FREE! Snacks , coffee & tea following the presentation.  
80 seats available. Please call 403-563-3665 (leave a message) or email [info@colemanseniors.org](mailto:info@colemanseniors.org) to register.  
Deadline to register | May 10.

## MUSHROOM GNOMES NEED HOMES TOO

(Hosted by the Coleman Seniors)

May 11 | 10am  
Coleman Seniors Hall  
\$25pp for 2 gnomes

Mushroom Gnome craft.

Must pre-register & per-pay (max 25 participants)  
For details, please call 403-563-3665 (leave a message) or email [info@colemanseniors.org](mailto:info@colemanseniors.org)  
Deadline to register | May 3

## BELLECREST SENIORS STRAWBERRY TEA & BAKE SALE

May 31 | 12pm-2pm  
Bellecrest Seniors Hall( Bellevue)  
\$10| includes lite lunch & strawberry shortcake  
Drop in - Open to public.



**BELLECREST SENIOR CITIZEN CLUB**

Location: 2413 – 213 Street Bellevue.  
 Ph: 403-753-0807  
 Email: bellecrestseniors@gmail.com

Membership cost – \$10/year (Jan– Dec) Open to age – 50+. Activities are free unless specified

Membership benefits include;

- Discount on hall rentals
- Various social gatherings – celebrating special holidays, presentations, craft activities and more

**COLEMAN SENIORS DROP-IN CENTRE ASSOCIATION**

Location: 7801 – 18 Ave Coleman.  
 e: info@colemanseniors.org  
 ph: 403-563-3665  
 w: colemanseniors.org  
 Membership cost: \$10.00pp/calendar year

Anyone over the age of 18 years can join. Memberships are available at all regular meetings or by phone or email.

Membership benefits include;

- Access to free programs & events offered exclusively for members.
- Notification of all activities & programs.
- Discounted hall rental for private functions

**CROWSNEST COMMUNITY LIBRARY**

Location: 2114 - 127 St Blairmore  
 e: help@crowsnestpasslibrary.ca  
 ph: 403-562-8393  
 w: crowsnestpasslibrary.ca

**FREE INTERNET TO GO**

- Smart Hub - portable device giving you a reliable internet connection

**PUBLIC COMPUTERS**

- Accessible for everyone. Some assistance is available.

**HAPPY LIGHT THERAPY LAMP**

- mimics sunlight, & can help enhance mood, sleep & focus

**PUZZLE TABLE**

- Stop by and help with a jigsaw puzzle.

**ADULT COLORING**

- Wednesdays |2pm-7pm (weekly drop in)
- FREE| all supplies provided

For more information or to book a device, contact the Crowsnest Community Library AT 403-562-8393

**EVENTS & ACTIVITIES****COLEMAN SENIORS DROP IN CENTRE  
7801 - 18 AVE COLEMAN****POOL**

Every Monday, Wednesday & Friday |12:15pm-4:30pm  
 Fee: \$1.00 per member (\$20 punch cards available)

**WHIST**

May 8 & 22| 1:30pm  
 Fee: \$5.00  
 Open to the public

**SHUFFLEBOARD & DARTS**

Thursdays | 7pm  
 Fee: \$1.00 per member per day

**MONTHLY MEETING**

Tuesday May 28 | 1:00pm  
 Everyone Welcome.

**BELLECREST SENIORS CITIZEN CLUB  
2413- 213 STREET BELLEVUE****LINE DANCING**

Every Thursday | 7pm  
 Open to non-members. Fee: \$5.00

**WHIST**

May 1, 15 & 29 | 1:30pm  
 Fee: \$5.00

**BINGO**

May 8 & 21| 1:00pm  
 Members only. Fee: Free

**COFFEE FRIDAYS**

Every Friday | 9:30am -11:30am  
 Fee: \$1.00. Everyone welcome.

**AGM & MONTHLY MEETING**

May 2| 10:30am  
 Will be nominating a President & Secretary

